

Jammed sacrum

The sacrum is a wedge shaped bone between the two halves of the pelvis. The lowest part of the spine sits on the sacrum. The sacrum is suspended between the two halves of the pelvis by thick ligaments. Normally it moves when we walk, bend, stretch, sit or lie down.



Sometimes if there is enough vertical force, as when we fall on our rear, the sacrum will appear to be immobilized between the two halves of the pelvis, like a keystone jammed into an arch. When this happens we experience back pain and stiffness. Hip and buttock muscles become painful on both sides. Other events that can cause jamming include plopping down into a sitting position rather than using our legs to sit in a controlled fashion, and coughing or sneezing, particularly while sitting.

There are two simple exercises that you can do that may free up a jammed sacrum.

Jammed sacrum release version 1:

1. Sit on a stable surface with room to lean back. Place your hands behind you on the surface.
2. Lean back supporting yourself on your hands. Do this for twenty seconds.
3. Now slowly bend forward starting with your head and working down to the low back.
4. Move your arms forward and push yourself back into an upright position.

Jammed sacrum version 2:

1. Stand an arm's length in front of a cabinet corner with your feet at shoulder width.
2. Bend forward toward the cabinet as far as you can with your hands approaching the floor. If you can actually touch the floor, don't. Hold this position for twenty seconds.
3. Use your hands on the cabinet edge to push yourself back up. Do not rely on your back muscles to straighten yourself up.
4. Once erect keep your feet apart and thrust your pelvis forward one time.
5. Bring your feet together. This completes the exercise.

If the sacrum has been jammed for a long time it can be readily freed by a physician using osteopathic manipulative techniques.



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